



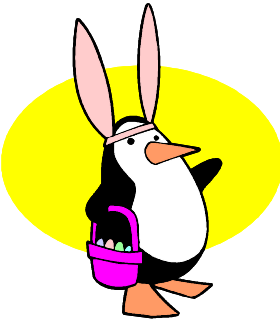


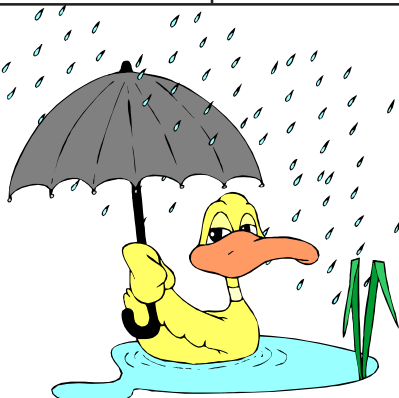


Lunch:

Information Line:

12 noon (daily)

790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div></div>	<div>1</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice (field 2)</div> <div>9-3 Deaf Seniors (Community Center)</div> <div>9:30 Senior Fitness</div> <div>10 – 3 B. P. Screening</div> <div>10-1 AARP Tax Preparation (appt)</div> <div>10:00 Creative Writing</div> <div>12:45 Los Amigos</div> <div>12:45 Crafts</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>3:00 Tai Chi (Beg)</div> <div>4:00 Tai Chi (Adv)</div> <div></div>	<div>2</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:40 Cholesterol Tests(appt)</div> <div>9:00 Canasta</div> <div>9:00 Cultural Council – New Zealand - in the Boathouse</div> <div>10:00 Bingo!</div> <div>10:00 Current Events</div> <div>12:30-</div> <div>2:30 Medicare Counseling (appt.)</div> <div>1:00 Visually Impaired Computer Class</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>7:00 Woodcarvers</div>	<div>3</div> <div>8:30 Senior Fitness</div> <div>9-1 AARP Tax Preparation (appt)</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 ECHO Housing (Reverse Mortgage info)</div> <div>9:30 Senior Fitness</div> <div>10 – 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>1:00 Chess & Games</div> <div>2:00 Senior Center Singers</div> <div>2:45 Dance, “Young at Heart” band (\$3)</div>	<div>4</div> <div>8:15–12 55 Alive Class (must register, fee)</div> <div>8:30 Walkers</div> <div>9:00 Pinochle</div> <div>9:00 Canasta</div> <div>9:00 Card games</div> <div>10:00 Bridge</div> <div>1:00 Fabulous Fridays movie “Crouching Tiger, Hidden Dragon”</div> <div>1-4 AARP Tax Preparation (appt)</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Needlecrafts</div> <div>2:00 Garden Club</div> <div>2:00 Hula Hula Hula</div> <div>3:00 Tai Chi</div>
<div>7</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>9:00 Medicare Counseling (appt)</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>11:00 AARP Social Time</div> <div>1:00 AARP Business Mtg</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div> <div>3:15 International Line Dance (fee)</div>	<div>8</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice (field 2)</div> <div>9:30 Senior Fitness</div> <div>10-1 AARP Tax Preparation (appt)</div> <div>10 – 3 B. P. Screening</div> <div>10:00 Creative Writing</div> <div>10:30 Indo-American Seniors</div> <div>12:45 Crafts</div> <div>1:00 Speaker: Rosemary Hofflower, Doctor’s Speakers Bureau, Pressure Point Therapy & Fibromyalgia</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>2: 00 Grief Support Group – Loss of Spouse / Partner</div> <div>3:00 Tai Chi (Beg)</div> <div>3:00 East Indian Seniors</div> <div>4:00 Tai Chi (Adv)</div>	<div>9</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>9:00 Canasta</div> <div>9:30 Band Practice</div> <div>10:00 Current Events</div> <div>10:00 NARFE info table in dining room</div> <div>1:00 Visually Impaired Computer Class</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Social Security (appt)</div> <div>1:00 Mah Jongg</div> <div>1:30 NARFE Mtg</div> <div>1:30 Afghan Women</div> <div>7:00 Woodcarvers</div>	<div>10</div> <div>8:30 Senior Fitness</div> <div>9-1 AARP Tax Preparation (appt)</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese</div> <div>9:30 Counseling and Information</div> <div>9:30 Facility Sub Committee meeting</div> <div>9:30 Senior Fitness</div> <div>10 – 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>12:00 Lunch</div> <div>1:00 Chess & Games</div> <div>2:00 Senior Center Singers</div> <div>2:45 Dance, “Young at Heart” Band (\$3)</div>	<div>11</div> <div>8:15-12:00 55 Alive Class (must register, fee)</div> <div>8:30 Walkers</div> <div>9:00 Pinochle</div> <div>9:00 Canasta</div> <div>9:00 Card games</div> <div>10:00 Bridge</div> <div>1-4 ARP Tax Preparation (appt)</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Birthday Party! Entertainment by Separate Checks</div> <div>1:30 Needlecrafts</div> <div>2:00 Hula Hula Hula</div> <div>3:00 Tai Chi</div> <div></div>
<div>14</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>9:30</div> <div>11:30 Footcare – Tri City (appt)</div> <div>10:00 Bingo!</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles:</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div> <div>3:15 International Line Dance (fee)</div>	<div>15</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice (field 2)</div> <div>9-3 Deaf Seniors (Community Center)</div> <div>9:30 Senior Fitness</div> <div>10-1 AARP Tax Preparation (appt)</div> <div>10 – 3 B. P. Screening</div> <div>10:00 Creative Writing</div> <div>12:45 Crafts</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>2: 00 rief Support Group – Loss of Spouse / Partner</div> <div>3:00 Tai Chi (Beg)</div> <div>4:00 Tai Chi (Adv)</div>	<div>16</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:40 Cholesterol Tests (appt)</div> <div>9:00 Canasta</div> <div>10:00 Bingo!</div> <div>10:00 Current Events</div> <div>10:00 Legal Assistance</div> <div>12:30–</div> <div>2:30 Medicare Counseling (appt.)</div> <div>1:00 Visually Impaired Computer Class</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>6:30–</div> <div>8:30 Circle of Care (Caregivers Support)</div> <div>7:00 Woodcarvers</div>	<div>17</div> <div>8:30 Senior Fitness</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 Senior Fitness</div> <div>10-3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>12:00 Lunch</div> <div>1:00 Chess & Games</div> <div>2:00 Senior Center Singers</div> <div>2:45 Dance, “Young at Heart” Band (\$3)</div>	<div>18</div> <div>8:30 Walkers</div> <div>9:00 Pinochle</div> <div>9:00 Canasta</div> <div>9:00 Card Games</div> <div>9:30 Sr Commission Meeting</div> <div>9:30 Dr Wood</div> <div>10:00 Bridge</div> <div>1:00 Fabulous Fridays</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Needlecrafts</div> <div>2:00 Hula Hula Hula</div> <div>3:00 Tai Chi</div> <div>3-6 Russian Club</div>
<div>21</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>9:00 Medicare Counseling (appt)</div> <div>9:30 Builders Fund Board</div> <div>10– Meeting – visitors welcome</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles Guest Speaker on Osteoporoses, Irvington High School Senior, Wendy Jiang, 668-0687</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div> <div>3:15 International Line Dance (fee)</div>	<div>22</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice (field 2)</div> <div>9:30 Senior Fitness</div> <div>10–</div> <div>2:30 Quilt Show</div> <div>10– 3 B. P. Screening</div> <div>10:00 Creative Writing</div> <div>10:30 Indo American Seniors</div> <div>12:45 Crafts</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>2: 00 Grief Support Group – Loss of Spouse / Partner</div> <div>2:00 Visual ConcernsSupport Group</div> <div>3:00 East Indian Seniors</div> <div>3:00 Tai Chi (Beg)</div> <div>4:00 Tai Chi (Adv)</div>	<div>23</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>9:00 Canasta</div> <div>9:30 Band Practice</div> <div>10:00 Current Events</div> <div>10:00 NARFE info table in dining room</div> <div>1:00 Social Security</div> <div>1:00 Trip Meeting</div> <div>1:00 Visually Impaired Computer Class</div> <div>1:00 Pinochle & Canasta</div> <div>1:00 Mah Jongg</div> <div>7:00 Woodcarvers</div>	<div>24</div> <div>8:30 Senior Fitness</div> <div>9:00 Chinese Club (fee)</div> <div>9:00 Chinese Counseling and Information</div> <div>9:30 Senior Fitness</div> <div>10– 3 B.P. Screening</div> <div>10:30 Yoga/Stretch</div> <div>12:00 Lunch</div> <div>1:00 Chess & Games</div> <div>2:00 Senior Center Singers</div> <div>2:45 Dance, “Young at Heart”Band (\$3)</div>	<div>25</div> <div>8:30 Walkers</div> <div>9:00 Pinochle</div> <div>9:00 Canasta</div> <div>9:00 Card Games</div> <div>10:00 Bridge</div> <div>11:30 NARFE Social Time</div> <div>12:30 NARFE Business Meeting</div> <div>1:00 Fabulous Fridays</div> <div>1:00 Pinochle & Canasta</div> <div>1:30 Needlecrafts</div> <div>2:00 Hula Hula Hula</div> <div>3:00 Tai Chi</div>
<div>28</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>8:30 Quilters</div> <div>9:00 Medicare Counseling (appt)</div> <div>10:00 Harmonica (Carlton Plaza)</div> <div>12:30 Beg Spanish</div> <div>12:30 Games</div> <div>12:45 Healthy Lifestyles</div> <div>1:00 Painting Class</div> <div>1:45 Interm Spanish</div> <div>3:15 Adv Spanish (fee)</div> <div>3:15 International Line Dance (fee)</div>	<div>29</div> <div>8:00 Meditation</div> <div>8:30 Senior Fitness</div> <div>8:45 Yoga/Stretch</div> <div>9:00 Softball Practice (field 2)</div> <div>9:30 Senior Fitness</div> <div>10:00 Creative Writing</div> <div>10 – 3 B. P. Screening</div> <div>10:30 Indo-American Seniors</div> <div>12:45 Crafts</div> <div>1:00 Speaker: Miracle Dogs, Hearing & Mobility Dogs, Martha Hoffman</div> <div>1:00 Bridge</div> <div>1:45 Fremontaires</div> <div>2: 00 Grief Support Group – Loss of Spouse / Partner</div> <div>3:00 Tai Chi (Beg)</div> <div>4:00 Tai Chi (Adv)</div>	<div>30</div> <div>8:15 Tai Chi</div> <div>8:30 Walkers</div> <div>9:00 Canasta</div> <div>10:00 Visual ConcernsGroup</div> <div>10:00 Legal Assistance for Seniors (appt)</div> <div>10:00 Current Events</div> <div>1:00 Visually Impaired Computer Class</div> <div>1:00 Social Security (appt)</div> <div>1:00 Pinochle & Canasta</div> <div>7:00 Woodcarvers</div>	<div></div>	